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119
3 AM
Housekeepers' Chat

Thursday, Oct. 6.

(NOT FOR PUBLICATION)

SUBJECT: "Delicious Preserves from the Home Garden"

ANNOUNCEMENT: Recipes for Yellow Tomato Preserves, Steak Roll, and Baked Cucumbers, also a dinner menu, all from the U. S. Bureau of Home Economics.

---ooOoo---

The chief part of the program today is a recipe for Yellow Tomato Preserves. But before you write this recipe, I want to mention the Radio Cookbooks. Many of you know that last year we had our recipes and menus printed, soon after they were broadcast. We sent out thousands of Radio Cookbooks, to women who listened regularly to the "Housekeepers' Chats." This fall we are having a new book printed -- a larger book, with an index, 300 classified recipes, and lots of suggestions for good meals.

Now listen closely, while I make this important announcement. If you wrote last year for a cookbook, and received part of "Aunt Sammy's Radio Recipes," do not write in again. We have your name, and your address, on our mailing list, and we shall send you a copy of the new book, in a few weeks.

If you are a new listener, and have never written for a copy of "Aunt Sammy's Radio Recipes," then send your name, and your address, to Station _____. The book is free, so please do not include any stamps in your letter.

Now we'll return to the yellow tomato preserves. Perhaps you have these tomatoes, sometimes called "pear tomatoes", in your own garden. They make delicious preserves. The juice is thick and spicy; the tomatoes are tender, and hold their shape and bright color. A jar of yellow tomato preserves, tied with a green ribbon, would be a cheery Christmas gift.

Here is the recipe, for Yellow Tomato Preserves. Six ingredients:

6 pounds small yellow tomatoes
8 pounds sugar
2 quarts water
1/4 ounce green ginger
1 lemon, sliced thin
6 sticks cinnamon 2 inches long

Six ingredients. I'll repeat them: (Repeat)

Boil the water, sugar, and spices for 15 minutes. Add the tomatoes and the lemon, and cook gently, so that the tomatoes will not break. Cook until the tomatoes are clear and bright in color. Stir occasionally. Be careful not to let the preserves burn. Let them stand in the kettle overnight. In the mornin_



pour into hot, sterile jars, without reheating the preserves. Label, and store.

Small red tomatoes may be preserved whole in this same way. Large tomatoes may also be cut up and used for preserves, but will need a different method of cooking.

With the tomato preserves out of the way, we can turn to the question box. The first question is left over from yesterday: "Do spices and condiments have any real food value?" In other words, do they have an nutritive value? The answer is this: Spices and condiments do not have nutritive value. They do not supply the body with building material, or with energy. They are important, though, as appetizers, and because they give a pleasant flavor to foods. Foods which are too highly seasoned over-stimulate the digestive juices. Therefore, we should never use too much spice and seasoning in our foods.

The Menu Specialist planned our dinner today. I told her you might be using the top of the stove for preserves and pickles this week, so she suggested an oven meal, of Steak Roll, Baked Cucumbers, Baked Potatoes, Chili Sauce, and Baked Apples.

Steak Roll is made of a slice of round steak, about three-quarters of an inch thick. Make a bread stuffing, spread it over the steak, roll the steak up, and tie it with clean string. Then roll the outside of the meat in flour, and brown the surface in a small amount of fat, in a frying pan. When the meat is thoroughly browned on all sides, place it in a baking dish, or a casserole, add a cup of water, cover closely, and cook until tender, which takes about one and one-half hours. The recipe for Steak Roll is just like the one for Mock Duck, except that you use round steak for Steak Roll, and flank steak for Mock Duck. The recipe for Mock Duck is in the Radio Cookbooks we sent out last year.

Now for the Baked Cucumbers. It is queer, how many people have never heard of Baked Cucumbers. When I mentioned them last week to a friend of mine, she looked quite shocked, and said she was sure that people never baked cucumbers. However, she was willing to try them. She served baked cucumbers every day, for the following week.

The Menu Specialist, who planned this oven dinner, also gave me her own recipe for Baked Cucumbers. I'll read it to you, slowly:

Peel four or five good-sized cucumbers, split them lengthwise, and scoop out the seed portion. Parboil the cucumbers, in slightly salted water, for fifteen minutes. Drain the cucumbers. Then stuff the cavities, with a mixture of tomatoes cut in pieces, minced onion, and buttered bread crumbs. Place the stuffed cucumbers in a shallow baking dish, add two tablespoonfuls of hot water, and bake in a moderate oven, until the cucumbers are tender, and the stuffing is delicately browned.

Our next vegetable is Baked Potatoes. You can't go wrong on baked potatoes, if you use a moderate oven. Please don't grease their jackets-- the grease makes a slick skin, that you do not love to touch. Test the potatoes occasionally, and loosen the skin, with the tips of your fingers, so the potatoes will cook through. When they are done, make a cross-shaped slit in each potato, with a knife. Using a towel over your hand, force a little of the potato up through the slit, so the steam will escape. Serve the potatoes

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immediately. Sprinkle them lightly with paprika. Place a dot of butter on the center of each one. Won't they be good with the Steak Roll?

Now let's repeat the menu: Steak Roll, Baked Cucumbers, Baked Potatoes, Chili Sauce, and Baked Apples. If you think that's a very good menu, write to me about it, then I'll tell the Menu Specialist, and maybe she'll plan some more dinners for us.

Our final question for today is this: What is dill: I asked a friend of mine the other day what dill was, and he assured me that a dill was a large cucumber which grew on a vine. We'll answer the question tomorrow.

By the way, Jimmie Dick, who handles the printing of the new Radio Cookbooks, was in a few minutes ago to tell me that the books will be ready to send out the last of October, sure. We are having 75,000 printed. That sounds like a big number, but something tells me the supply won't last long. Just wait till you see them.

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